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PAGE 24



Police sound the alarm

High-risk victims of
domestic violence may soon
be provided with alarm
devices in a police pilot
project

PAGE 3

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BOUWMEESTER'S FLAME GOES OUT

Jay Bouwmeester plays defence for the Flames against the Kings at Staples Center in Los Angeles on March 9. Bouwmeester was traded to the St. Louis Blues on Monday. More coverage, page 28. HARRY HOW/GETTY IMAGES

'No-score' policy opposed by most of local soccer community

Poll. Survey conducted
by the Calgary Minor
Soccer Association late
last month found 86
per cent of members
opposed policy

resents strongly favour keeping
the scoreboards lit, improve-
ments can still be made.

It starts, he said, with better
educating parents and coaches,
who often appear more fixated
on winning than the athletes.

The association did launch a
blanket program two years ago
offering free training courses
and manuals.

"We want to give the
coaches the confidence to not
really concentrate on scoring
as much as skill development,"
Leinweber said. "In order to do
that, you have to have skill-de-
velopment tools."

The Alberta Soccer Associa-
tion did not return requests for
comment Monday.

But Mark Tansley, president
of the 2,500-athlete Calgary
Foothills Soccer Club, has con-
cerns about the survey. He said
the concept of removing scor-
ing seems "kind of goofy" un-
less the reasoning is properly
explained.

"The kids will always keep
score ... what this does is take
the pressure off the coach to
win, so he can stick to ... skill
coaching," Tansley said, adding
Foothills is "100 per cent" be-
hind ASA's initiative.

JEREMY NOLAIS/METRO

Soccer coaches, parents and
athletes alike in Calgary have
deemed a proposal to remove
the tracking of scoring and
standings of players under 12
offside, according to a survey.

The Alberta Soccer Asso-
ciation said last month it was
pushing such an initiative be-
cause it lines up with a national
player-development strategy
that puts more emphasis on
training and skill development
and less on winning and losing.

But while the provincial
body is expected to begin dis-
cussing the move with clubs
in April, a survey conducted by
the Calgary Minor Soccer Asso-
ciation late last month found
86 per cent of members —
coaches, parents and athletes
— are opposed to it.

Daryl Leinweber, association
executive director, said while
the soccer enthusiasts he rep-

WHADDYA MEAN I CAN'T REALLY BRING MY DUCK?

BRANDS FLEX THEIR FUNNY
BONES WITH MOCK ADS
FOR APRIL FOOLS' DAY

PAGE 14



Humans. Ew.

Author Mary Roach takes on
the gloppy, sticky part of
digestion in her latest
squirm-inducing book on
the human body, Gulp:
Adventures on the
Alimentary Canal

PAGE 22

Shooting trial in Colorado

Prosecutor says in the case
of accused mass killer James
Holmes, "justice is death,"
while defence is expected to
argue not guilty by
reason of insanity

PAGE 11

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Homicide. Woman, 26, killed by husband, say police

As police identified the victim of Calgary's latest homicide on Monday, neighbours were quick to identify a link to another criminal tragedy last year.

It's alleged 26-year-old Monisha Sidhu was dragged several blocks early Friday after becoming entangled in a seat belt inside a vehicle being driven by her husband Gagan-deep Sidhu in the 200 block of Templegreen Drive N.E. She eventually managed to break free, but investigators claim Gagan-deep tracked her down and killed her.

The cause of death has not been released; however, a maintenance worker and two residents pointed to a set of stairs leading into an apartment complex on the block as the location where Sidhu met her demise.

That same apartment building is where the bodies of married couple Amiben and Hiren Prajapati were found last October. It's believed Hiren stabbed his wife to death in her bedroom and then hung himself in the living room.

A second tragedy in just a few months' time came as a shock to area residents.

"I heard the screams, like four big screams," said Ricardo Mendoza, recounting the horror of Friday's altercation. "In the morning, I woke up and saw the tape and thought something must have happened again."

A maintenance worker at the apartment building, who identified himself as Richard, said he cleaned a small amount of blood off the front steps Monday. **JEREMY NOLAIS/METRO**



Kevin McNichol with Calgary support group HomeFront, seen in this 2011 photo, said personal alarms for domestic-violence victims are a welcome addition in ongoing work to root out problems in city homes. METRO FILE

Fighting domestic violence with alarms

Pilot project. Police hoping to provide 15 high-risk victims with personal alarm devices that will show GPS locations and background information



JEREMY NOLAIS
jeremy.nolais@metronews.ca

High-risk victims of domestic violence may soon be provided with a portable safeguard thanks to a pilot project being steered by Calgary police.

According to Staff Sgt. Ryan Ayliffe, the domestic-

conflict unit is working with a partner to bring online roughly 15 personal alarm devices that, when triggered, will provide responding officers with a GPS location as well as any background related to the victim and his or her abuser.

"It would provide us with a window into the situation — each of these cases is different," he said, adding the devices will be able to pinpoint a location even in busy areas like shopping malls and grocery stores.

The police's partner on the project wishes to remain anonymous until closer to the launch date; however, Ayliffe said a trial run could be ready by springtime.

The devices would be no bigger than a flip cellphone and would replace a home-alarm-system program that has recently been shut down.

Kevin McNichol, with Calgary support group HomeFront, said victims of past domestic violence often live in fear, never knowing if their attacker will resurface.

"I think this is something that could help a great deal," he said of the alarms. "Anything to provide a level of comfort for these people who have gone through so much."

Ayliffe said Monday that police are still working through processes to determine who would qualify to

Statistics

Domestic violence cases by the numbers:

- Typically, Calgary police monitor 300 domestic-violence cases that have been deemed "high risk."
- In the past, domestic-violence incidents have accounted for roughly 30 per cent of Calgary's homicides; however, that number has declined in recent years.

carry the alarms, adding they would like to keep it to a select group considered to be most at risk.

1 NEWS



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Lucky, a 12-week-old puppy, recovers at Diamond Valley Veterinary clinic. CONTRIBUTED

Adoption calls pour in for badly injured, traumatized puppy

'Lucky,' RCMP have charged a 19-year-old Turner Valley man



KATIE TURNER
katie.turner@metronews.ca

A Turner Valley veterinary clinic has received a number of adoption offers for a beaten and bruised puppy with an ill-fitting name — Lucky.

RCMP released details Sunday of an alleged beating of a 12-week-old blue heeler/border collie cross, which came into the Diamond Valley Veterinary Clinic with a broken jaw and legs in mid-March.

Dr. Wayne Steiger said the pup is on the road to recovery. Since RCMP made the public aware of Lucky's story,

Steiger said his clinic has had more than a dozen calls from people wanting to give him a good home.

"He's doing well," said Steiger. "He's just starting to walk again."

Lucky will undergo physical therapy and likely be fostered out before he's put up for adoption in the coming months.

Steiger said the pup has responded well to clinic staff but can be quite timid.

"Anybody comes in with a cowboy hat, he seems to crawl back into a corner," he said.

The veterinarian said that in his 35 years of treating animals he hasn't seen a case like this.

"I've seen abused dogs before, but not this bad."

Following an investigation by the Alberta SPCA, the

Lucky's story

- **Earlier injury.** Lucky was previously treated at Diamond Valley Veterinary Clinic for a broken leg.
- **Suspicion.** Steiger followed up with the owner after receiving reports of animal abuse.
- **Alleged abuse.** RCMP says the dog was punched, kicked and thrown up to five feet in the air.

case was handed over to the RCMP.

William Daniel Goyette, 19, of Turner Valley has been charged with cruelty to animals. He's expected to appear in court on April 12 in Okotoks.

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U of C students look to dance into record books

National effort. Campus clubs across Canada to host dance event



KATIE TURNER
katie.turner@metronews.ca

Students from the University of Calgary and across Canada plan to dance their way into the Guinness World Record

books this weekend, all while relieving exam stress.

The U of C Hip Hop and Funk Styles Club was selected to host Campus Perks' Crush Exam Stress and Just Dance event in Calgary on April 6, with the intent to draw hundreds of students together to dance in unison to Flo Rida's Good Feeling.

"It's crunch time. All these classes are coming to an end," said club member Justin Cancio. "(This event) is to pro-

mote relieving exam stress before finals."

As a fifth-year biological-science student, Cancio said he too is feeling the pressure as the school year draws to a close and is looking forward to a break from studying on Saturday.

The U of C was selected from a shortlist of 20 schools and will host the dance simultaneously with seven other campus clubs.

"Collectively, between

eight campuses, we're trying to set a world record of a little over 800 people," said Cancio.

The club that gets the highest number of students to participate will receive a \$2,500 grand prize, which Cancio said the Hip Hop and Funk Styles Club would use to host events next year.

Guinness World Records will tally the number of RSVPs at justdance-contest.ca. To learn the dance, visit justdance.campusperks.ca.



Participants in the upcoming Crush Exam Stress and Just Dance event will have to study the dance, seen in this YouTube screenshot, to help set a Guinness World Record. YOUTUBE.COM

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Second arrow-pierced rabbit found, this one in Crestmont

Staff at an Alberta wildlife institute said Monday that only people with "sick minds" would commit such acts after a second rabbit was found over the weekend in Calgary with an arrow lodged in it.

A rabbit was captured on Saturday in the southwest community of Crestmont after an arrow was shot through its throat, broke all its teeth and tore up numer-

ous tendons and ligaments.

The animal was later put down by the Alberta Institute for Wildlife Conservation.

"It made it impossible for her to eat, drink.... I don't know if people are just thinking about the consequences of their actions," said institute spokesperson Dianne Wittner.

"I honestly don't know what their sick minds were thinking — surely they could

have just set up a target and got the same thrill out of that."

The incident came a week after another rabbit was spotted with an arrow lodged in its body in the southeast community of Douglasdale. That animal has since been captured and is recovering, Wittner said.

Police continue to investigate both incidents.

JEREMY NOLAIS/METRO

Open to the public

Details announced for Klein service

The City of Calgary announced details Monday for a memorial for former premier Ralph Klein.

The public Celebration of Life will take place at the Jack Singer Concert Hall on Friday. Klein's family was offered a state funeral but declined. Prime Minister Stephen Harper is expected to attend. **METRO**

Peppard. Arena to reopen in time for summer sports

City crews are putting the finishing touches on roof repairs at a southeast Calgary arena after it was forced to shut down for two months.

Stu Peppard Arena's closure came after a heavy load of snow damaged its roof and forced 20 user groups to find new places to play out the remainder of the local minor hockey season.

But Thomas Hansen with the City of Calgary's recrea-

tion department said the site will reopen in time for the minor lacrosse season, which takes up the bulk of floor time during the spring and summer months.

"The regular bookings starting in April are on track," he said.

Hansen did say it's likely Peppard will need to be completely replaced in the next 10 to 15 years.

JEREMY NOLAIS/METRO

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River. Search for missing snowmobiler called off

Rescue workers from Edmonton and Whitecourt have halted the search for a snowmobiler who went missing in the Athabasca River Saturday night.

The search for the man was called off late Sunday, said Whitecourt RCMP Staff Sgt. Rodney Koscielny.

The missing man has been identified as Dale Lyle by family on social media.

Five men from the Edmonton area were snowmobiling near Whitecourt on Saturday when one of them tried to run his snowmobile across the

Reinforcements

Police called in STARS, an RCMP helicopter and the Edmonton Fire Rescue Services water rescue unit to help with the search.

river, said police. Officers found what they believe to be that man's body Sunday.

A second man who tried to help was also dragged into the river and remains missing.

METRO

Infrastructure

Spring cleaning set to spruce up city roads

Street sweeping has been scheduled for later this month as the weather warms up in Calgary.

The city will officially begin its spring-cleanup program on April 15, weather

permitting, but street sweepers may be spotted earlier if the weather is fair.

Around 15,000 lane kilometres will need to be cleared around the city during the spring cleanup, according to a release issued Monday.

It says the amount of material expected to be collected could cover the field at McMahon Stadium with a pile of debris 12 feet deep.

METRO

Hero recounts his river rescue of two children



Adam Shaw and Rocky, an eight-year-old husky and Labrador retriever mix, have been recognized by Edmonton Fire Rescue for saving two girls from the North Saskatchewan River on Sunday. RYAN TUMILTY/METRO IN EDMONTON

Walk turns dramatic. Man and his dog honoured for their efforts in Edmonton

After rescuing two girls, 6 and 9, from the icy North Saskatchewan River on Sunday, a "starving" Adam Shaw and his dog Rocky each enjoyed a hamburger.

The meal was well-deserved after a simple afternoon walk turned into a dramatic river rescue for the 27-year-old and his dog.

Shaw, his wife and two children were walking on Sunday afternoon when the family heard screams coming from below, near the Rundle Park footbridge. They looked down to see a girl floating in the river and another child trying to help her out.

Shaw yelled at the girls to stay put as his wife called 911 and he ran to the river.

By the time Shaw and Rocky reached the children, the second girl was also in the water and Shaw was able to pull her out.

Rocky and Shaw then set to work pursuing the girl who had "floated quite a ways down the river" and was in obvious distress.

Both dog and man fell in the water while in pursuit and eventually Rocky swam to the girl, who managed to grab hold of his leash.

He swam her back to the shoreline where Shaw pulled both the girl and the dog onto the ice.

The group was soon met by Edmonton Fire Rescue.

"I just really didn't want to fail... I really wanted to save them," Shaw said on Monday.

A day after the dramatic river rescue, the pair were hailed as heroes and presented with an honorary helmet and a big bone by Edmonton Fire Rescue.

ANNALISE KLINGBEIL/
METRO IN EDMONTON

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India. Rapes and murders are scaring off foreign tourism: Study



Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has altered how tourists view India and led to a sharp fall in the number of foreign visitors, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil.

Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday,

police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw

some 2 million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.

- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.

also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair

on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

France considers widening its ban on religious garb



A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

French President Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a day-care operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secular values — first enshrined in the French Revolu-

tion more than two centuries ago — is unfairly crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"Islam has become a political instrument," said Samia Kaddour, 26, a community activist. She has all but given up hope for a state job but is not yet discouraged enough to leave.

"I'm not a foreigner. I'm French," she said. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

France bars state employees from wearing prominent religious symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices or other government facilities.

- Two years ago, France banned Muslim veils that cover the face from being worn in public.





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U.S. soldier knifed by teen while playing with kids: Official

Afghanistan.

American deaths spike dramatically following five-year low

An Afghan teenager fatally stabbed an American soldier in the neck as he played with children in eastern Afghanistan, officials said Monday, as the U.S. death toll rose sharply last month with an uptick in fighting due to warmer weather.

Last week's calculated attack shows that international troops still face a myriad of dangers even though they are increasingly taking a back seat in operations with Afghan forces ahead of a full withdrawal by the end of 2014.

Just one U.S. service member was killed in February — a five-year monthly low — but the American death toll climbed to at least 14 last month.

Overall, the number of



Sgt. Michael C. Cable was killed in Afghanistan. U.S. ARMY / THE ASSOCIATED PRESS

Americans and other foreign forces killed in Afghanistan has fallen as their role shifts more toward training and advising government troops instead of fighting.

But a series of so-called insider attacks on foreign troops has threatened to undermine the trust needed to help President Hamid Karzai's government take the lead in securing the country after more than 11 years at war.

The attack that killed Sgt.

Michael Cable, 26, of Philpot, Ky., last Wednesday occurred after the soldiers had secured an area for a meeting of U.S. and Afghan officials in a province near the volatile border with Pakistan.

But one of two senior U.S. officials who confirmed that Cable had been stabbed by a young man said the assailant was not believed to have been in uniform so it was not being classified as an insider attack.

THE ASSOCIATED PRESS

The Netherlands. Four arrested on suspicion of burying deadly nerve gas

Dutch police spent three days digging up a field after receiving a tip that sarin may have been buried there, but found no trace of the deadly nerve agent, a prosecutor's office spokeswoman said Monday.

Two men and two women have been arrested in the case in the southern city of Maastricht on suspicion of owning and concealing a deadly gas, spokeswoman Cindy Reijnders said in a telephone interview.

She said police started monitoring a man's movements last week after a tip and arrested him Friday as he was about to start digging in a field just outside Maastricht, a city close to the Dutch border with Belgium. She said police have no indication that sarin was about to be used in a terror attack.

"There are no legal activities you can use sarin for," she said. "But at this moment we have no information or clues that it was going to be used for terrorism."

Reijnders said police believe the four suspects may have

About sarin

Sarin, first created by German scientists just before the Second World War, is a powerful nerve agent that was used in an attack by a Japanese doomsday cult on the Tokyo subway system in 1995 that killed 13 people and sickened around 6,000.

been trying to sell the nerve agent for their own financial gain, although it was unclear if they already had a buyer.

One suspect was arrested Friday as he was about to start digging in a field near Maastricht. Police dug up 400 square metres to a depth of a metre without finding anything.

Exposure to a high dose of sarin can cause convulsions and loss of consciousness. Death can be caused by suffocation because of muscular paralysis and the effects the sarin has on the respiratory centre of the nervous system. THE ASSOCIATED PRESS

South Africa

White slavery accuser found stoned to death

South African police say Happy Sindane has been found stoned to death. Sindane made headlines around the world when he claimed he had been kidnapped and enslaved by blacks.

The motive for his killing was not known. Police spokesman Capt. Leonard Hlathi said Monday no arrests have been made.

A four-month inquiry in 2003 established that Sindane was the son of a black domestic worker and the white man for whom she worked for when Sindane was born. Sindane had told reporters that he was a white slave; abused, threatened and forced to live outdoors tending animals.

His black family was insulted. They said they had taken in an unwanted child and treated him as one of their own.

THE ASSOCIATED PRESS

Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

U.S. prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie-theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the

trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers intertwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenalin rush," he said. "I love the choice, I love it, I love it. ... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS



This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS

Boy Scouts. Application for troop sponsored by gay-rights group denied

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to a long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included.

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to

gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Tennessee teen dies of cancer after prom dream

What would you do if doctors said you had only a few weeks to live?

When 14-year-old Katelyn Norman received that heart-wrenching news on March 19, these were a few items on the teenager's bucket list: visit Italy, ride a motorcycle and attend her high-school prom.

Norman died on Friday morning, succumbing to bone cancer that had spread to her organs two years after she was diagnosed with the disease. But before her death, the LaFollette, Tenn., resident managed to check off at least several items on her to-do list.

"She's such a fighter and

such an inspiration. To never complain about cancer and to even receive the news it's terminal, she still didn't complain," Sharon Shepherd, a family friend who has known Norman since she was five, said last month. "The joy and the laughter from her, knowing that she (is) passing.... It never (gets) her down."

Three days before Norman's death, her small town held a prom for her. Thousands lined a local highway holding candles to honour her, while some supporters stood outside her hospital window holding candles in the shape of a heart.

The mayor of Campbell County



Katelyn Norman MICHAEL DAYAH PHOTOS

declared last Tuesday "Katelyn Norman Day."

TORSTAR NEWS SERVICE

Repairing relations

John Baird visits Iraq, U.A.E.

Fresh from establishing a new diplomatic beachhead in Iraq, Foreign Affairs Minister John Baird turns his attention today to knocking down a contentious visa imposed on Canadians when he visits the United Arab Emirates.

Relations between Canada and the U.A.E. soured in 2010

over Canada's refusal to grant Emirati airlines extra landing rights in Canada, a dispute that prompted the closure of a key Canadian Forces staging base outside Dubai. The following year, the U.A.E. imposed a costly visa on Canadians visiting the country.

Diplomatic irritations were partially soothed last year with news that Canada will sell the U.A.E. nuclear technology. The U.A.E. had also announced it would

cut the visa fees, though the requirement remains in place — for now.

On Monday, Baird paid an unannounced visit to Iraq, where he opened a new Canadian diplomatic mission.

Canada wants to expand its engagement with a country that's become a pivotal force in a troubled region, and doing so requires a Canadian presence in Baghdad, Baird said in a statement.

THE CANADIAN PRESS



Online etiquette

Website tracks
damaging tweets

What kind of tweets could get you fired?

Well, tweeting that you hate your job, hate your boss and want your co-workers killed could do the trick.

A new website tracks people who cross the line.

The website FireMe! has developed a detection system to measure the likeli-

hood of your getting fired if your boss reads the tweet.

People's tweets are tracked based on four categories: Haters, Horrible Bosses, Sexual Intercourse and Potential Killers.

The website includes a tool called The FireMeter!, which determines on a percentage basis how likely you are to get fired.

The FireMeter! also allows you to enter another person's Twitter username to see how exposed they are

to getting fired.

We thought we'd try controversial Toronto mayor Rob Ford's FireMeter! score, and his tweets are judged to be clean and safe.

"Your FireMeter score is 0," the website says of Ford's tweets. "You are doing a great job keeping it to yourself!"

Others are clearly on shakier ground.

The website shows a list of tweets from people tweeting about how they hate

their jobs. They are grouped under the category "People who want to get fired."

In addition, FireMe! has compiled a leaderboard of people saying the most offensive things.

"If you're on the leaderboard, you definitely have a problem," says the site's developer, Eelco Herder.

Herder developed the website "to raise awareness about the danger of public online data."

TORSTAR NEWS SERVICE

U.S. pot laws bring big biz to B.C. shop



Sonny Chambers, assistant manager for Green Planet Wholesale Ltd. in Surrey, B.C., adds fertilizer powder to a water tank. THE CANADIAN PRESS

Seeing the green.

Sales quadruple at hydroponics company after Washington and Colorado legalize weed

Business has been on fire at a Surrey, B.C., hydroponics shop since the decision was made by two U.S. states to legalize the possession of marijuana.

The ballot initiatives passed last November in Washington and Colorado allow adults over the age of 21 to possess up to 28 grams of marijuana.

Steven Betts, co-owner of Green Planet Wholesale Ltd., says sales have quadrupled in the last few weeks. Their multi-million-dollar businesses now employ about 60 people.

Betts says his company has

plans to open a new distribution facility in Washington in the next few months.

Prof. Stephen Easton, who teaches economics at Simon Fraser University, says the company's success could draw the attention of competitors, such as big-box stores — especially if the owners are seeing large margins.

Green Planet's owners say it's not about doing anything illegal, and there's a sign near the store's checkout counter that warns customers that they'll be asked to leave if they mention any illegal substances.

"We've never been about doing things illegally," said Betts. "We're not martyrs. We don't try to be radicals or rebels. We're really about how to garden and how to garden efficiently."

THE CANADIAN PRESS

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Watchdog to examine 'muzzling' of scientists

Taxpayer-funded research. Better access to information needed, advocacy group says

Federal policies that restrict what government scientists can say publicly about their work are about to be put under the microscope.

Federal Information Commissioner Suzanne Legault has agreed to investigate how gov-

ernment communication rules on taxpayer-funded science impact public access to information.

Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report — "Muzzling Civil Servants: A Threat to Democracy?" — laid out repeated examples of taxpayer-funded science being suppressed or limited to pre-packaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner's office noted she is required under the Access to Information Act to investigate any matter related to obtaining or requesting records.

The complaint alleges that by keeping government scientists from speaking out about their work, the public is denied the chance to request records



Suzanne Legault. THE CANADIAN PRESS

— because no one is ever made aware they exist in the first place.

The complaint "alleges that the right of access to information under the act is impeded by government policies, practices or guidelines that restrict or prohibit government scientists from speaking with the media and the Canadian public," Legault's office responded, saying it "falls with the scope" of the legislative mandate.

In addition to four govern-

ment departments and two agencies cited in the complaint, Legault said she will also examine the Treasury Board Secretariat "because of its role in relation to the development and implementation of government policies."

Chris Tollefson, the executive director of UVic's law centre, said their research into suppressed science revealed both the wide scope of the practice and that it "represents a significant departure" in government practice over the last five to seven years.

"It really is a core issue in terms of the health of our democracy," Tollefson said in an interview. "We need to know what the best science is as we make difficult decisions about policy."

Prime Minister Stephen Harper's government has been accused of silencing scientists on number of subjects, particularly environmental science, since the Conservatives came to power in 2006. THE CANADIAN PRESS



MacKay welcomes baby boy

Defence Minister Peter MacKay and his wife Nazanin Afshin-Jam hold their new baby boy Kian Alexander MacKay on Monday. The boy, weighing eight pounds, two ounces, is the couple's first child.

THE CANADIAN PRESS/HANDOUT

Oil spill. Pegasus leak is bad timing for Keystone pipeline plans: Expert

A crude oil leak from an ExxonMobil pipeline in Arkansas comes at a particularly bad time for the Canadian company looking to build the contentious Keystone XL pipeline through the American heartland.

TransCanada Corp. hopes it's in the home stretch of a years-long process to win U.S. government approval for its multibillion-dollar project, which has been assailed by environmental groups for its potential impact on everything from fresh-water sources to climate change.

The spill from Exxon-Mobil's Pegasus pipeline is likely the last thing TransCanada needed, with the U.S. State Department just months away from issuing a final decision on Keystone XL after repeated delays, said Queen's University professor Warren Mabee.

"As we move towards a decision, this just becomes another hurdle for a new project to overcome — the idea that maybe these pipelines aren't as safe as they're made out to be," said Mabee, director of the Institute for Energy and Environmental Policy at the

Size comparison

Pegasus carries 96,000 barrels per day from Patoka, Ill. — a major destination for Canadian crude, including that from the oilsands — to the U.S. Gulf Coast.

- Keystone XL would dwarf that in size, with an initial capacity of 830,000 barrels per day.

university in Kingston, Ont.

The leak from the Pegasus pipeline in no way changes the facts around the safety of Keystone XL, said Mabee, yet "politically, this is a big problem."

"If it was purely down to the facts, the decision would come down easily on the side of the Keystone. That project would be approved," said Mabee.

"If you have a president or a State Department that is looking for excuses to either put this project on hold or to justify cancelling it, this works right into that argument, unfortunately."

THE CANADIAN PRESS

Quebec resident

Missing traveller's friends have hope

Friends of a Quebec man who vanished while driving home through Mexico's dangerous north say they're confident they'll find him and bring him home.

Marc Menard has not been heard from in more than two weeks.

The 44-year-old husband and father was returning to Canada after a three-month stay in Mexico. THE CANADIAN PRESS

Surgery rumours

Lung live Pope Francis

Does the pope have only one lung?

Despite erroneous reports that Pope Francis has lived most of his life with just one lung, the surgery actually only removed the upper part of his right lung, and his friends and family say he remains in good health for a 76-year-old man.

The Buenos Aires archdiocese and the Vatican have declined to provide medical reports on the matter. THE CANADIAN PRESS



Market Minute

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Bears on board! Leather yoga pants! Firms yuk it up for April Fool's Day

Gotcha. Brands try to flex their funny bones with goofy mock ads

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fool's Day ads.

This year's participants included WestJet, the Toronto Transit Commission, Lululemon and Boston Pizza.

York University professor Russell Belk says well-execut-

ed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fool's stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing any kind of animal, including bears, to roam free on board.

Lululemon said it was



A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats for exercise at \$208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on YouTube said it was adding to its menu pizza salad, pizza beer and pizza cake.

THE CANADIAN PRESS



WestJet's April Fool's Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted

new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

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IT'S OK TO LOSE THE BOOZE

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party; I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout



SHE SAYS
Jessica Napier
metronews.ca

the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week — for guys it's double that — but how many of us are going over that, more often than not?

Any time I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Motown piano signed, sealed, delivered



MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the

Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other

Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS



MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait



ANDREW FIFIELD
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Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:

A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:

Sports Illustrated's endless collection of famous images, delightfully inter-



laced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:

A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish were yours.

Comments

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.

Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."

Kevin Dykstra posted to

metronews.ca

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper.

Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!!

Skippy76 posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca



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TAKE CARE OF THAT SMILE FOR OVER

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of us have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes at a job interview, where interviewers can be wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.

- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums.
- Provides a greener alternative – With electric brushes, you only need to replace the head once every three months instead of the entire brush.

- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?



“DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?”

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

OVERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all the difference in the world.



If you are thinking about whiter shade of white, there are a few options available, ranging in price from less than \$20 up to about \$2,000.

Going to a professional

A dental professional cleans and removes any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from \$300 to \$2,000 depending on the system, the technology, and the effort required to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray.

Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from \$100 to \$800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from \$15 to \$60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.



REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.

DVD reviews



The End of Time

Director. Peter Mettler

Stars. Richie Hawtin,
Peter Mettler

• • • • •

Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, Ray Liotta,
Richard Jenkins

• • • • •

The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, but writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. **PETER HOWELL**

Dwayne Johnson, at your franchise service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series



NED
EHRBAR
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would



Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with



Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

our boyhood ways.' Hypothetically."

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls

out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."

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Cory Monteith ALL PHOTOS GETTY IMAGES

Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to *Us Weekly*. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help

avoiding, he has opened up about his drug use in the past, telling *Parade* magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

Twitter



@JonahHill

You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!



@JuddApatow

I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.



@pattonoswalt

Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones



@kevin_nealon

Should i consult a doctor if my energy drink lasts longer than five hours?

Bynes unleashes Twitter barrage at former flames

Amanda Bynes continues to utilize her Twitter account to vent — and make her friends and family worry about her mental well-being. This weekend, Bynes posted a bizarre tirade of tweets aimed at her "exes," though she didn't name names. "When you write me on Twitter and I ignore you, it's because I plan on



Amanda Bynes

ignoring you on Twitter and in life forever," she wrote, along with, "If you were hot, I'd be so into you. Dedicated to my exes still tryna holla."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Shain Gandee has died at age 21. AMY SUSSMAN / INVISION / THE ASSOCIATED PRESS

Buckwild star Shain Gandee found dead



THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit *Buckwild*, was found dead yesterday

along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

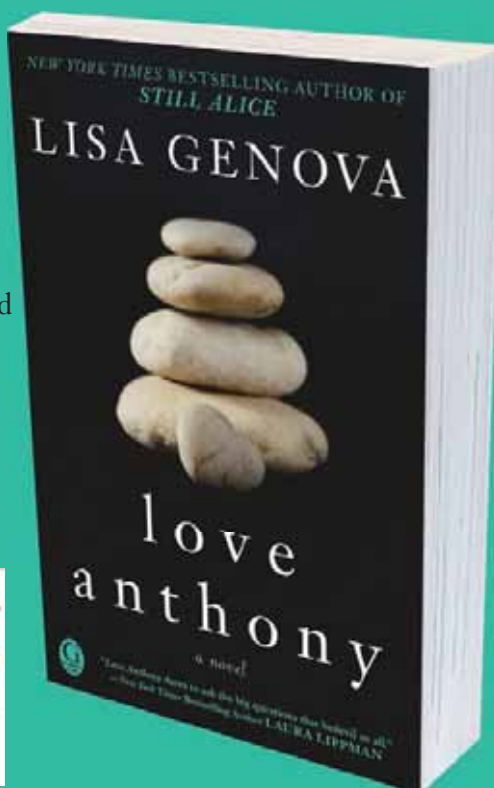
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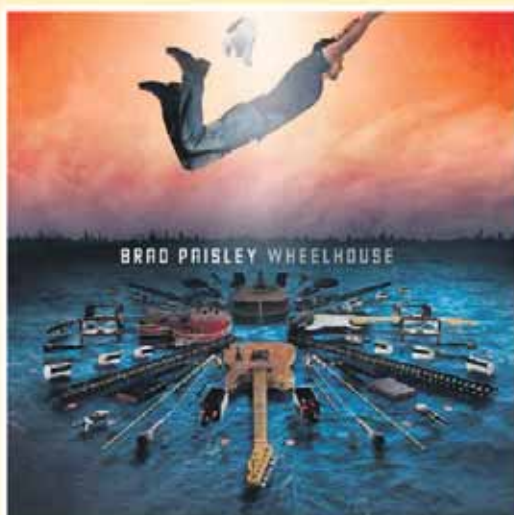
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the album comes out on April 9th.



We're just big bags of icky stuff, and other science facts

New book. Author of *Gulp: Adventures on the Alimentary Canal* takes on the gloppy, sticky part of digestion

SHAUN BRADY
Metro World News

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In *Stiff: The Curious Lives of Human Cadavers*, she followed the body through its many strange post-mortem pathways; in *Packing For Mars*, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, *Gulp: Adventures on the Alimentary Canal*, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.



"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

tures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that

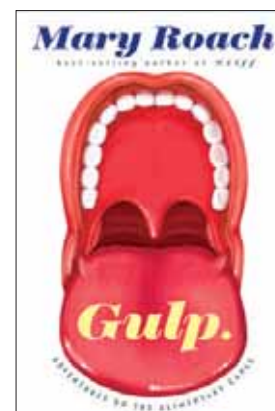
I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with *Bonk*, her book about the science of sex,

Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you



Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book *Gulp: Adventures on the Alimentary Canal*

just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."

How to remember anything

You can't remember how many times you've lost your keys — that's how bad your memory is. Try these tips from Nelson Dellis, who just placed second at the USA Memory Championship.

1. Think in pictures.

The brain prefers pictures, not abstract images (numbers, names, concepts, etc). Turn whatever it is you are trying to remember into pictures.

2. Store them in a familiar place.

Take your home, and mentally walk through it while placing the pictures of what you are trying to memorize along a specific path.

3. Think crazy, bizarre, funny, gory, erotic.



Don't forget to remember these memory tips. ISTOCK PHOTO

Make those picture over the top and out of the ordinary. We remember those better.

4. Stay active.

Your brain needs blood to work smoothly. Staying fit keeps circulation to the brain at its best.

5. Eat right.

Include Omega 3 DHA in your diet. A lot of people think that fish is the only way to get DHA, but in fact there are vegetarian options. Try DHA Brain Armor, which is a DHA supplement for athletes.

METRO

Best Health

Spicing up your healthy living



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There's no need to shake on extra salt if you have spices as a pantry staple. There are countless health benefits, and in the latest issue of *Best Health*, freelancer Margaret Nearing looked at some of the most powerful spices.

Turmeric

The yellow pigment in turmeric comes from a component called curcumin, and it could reduce the pain of tendinitis, an



Black pepper can help block fat cells from forming. ISTOCK PHOTOS

inflammation of the tissue connecting muscle to bone.

Black pepper

Piperine, the substance in black pepper that provides its flavour, can block formation of new fat cells.

Coriander seed

Researchers found the seed oil damages the membrane around bacteria cells, leading to the cell's death. The researchers see coriander oil as a future food additive.

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DIETS FOR ALL FOOD-FUSSERS

Metro breaks down quick food plans for three types of food eaters: carbohydrate cravers, meat lovers and I'll-eat-anything foodies.

Carbs Protein Fat	BREAKFAST	LUNCH	DINNER	SIDE DISH OR SNACKS	DIETS FOR YOUR FOOD TYPE
<p>CARB HEAVY DIET</p>	<p>Banana, whole-wheat toast with peanut butter</p>	<p>Tuna, brown rice, apple</p>	<p>Baked potato with baked beans</p>	<p>Tomatoes, red peppers, carrots, celery</p>	<p>Montignac Method World's first GI diet, focusing on carbs with low glycemic index, which keeps blood sugar level stable</p> <p>Raw Food Diet Weight loss program, based on 75 per cent raw fruit and vegetables</p>
<p>PROTEIN-HIGH DIET</p>	<p>Eggs, bacon, avocado</p>	<p>Lamb chops and walnuts</p>	<p>Chicken breast, avocado, whole milk</p>	<p>Lettuce, tomatoes, mushrooms</p>	<p>Dukan Diet Follows four distinct phases to help lose weight</p> <p>Atkins Diet Famous protein-heavy, carbs-light diet</p> <p>Paleolithic Diet Eat like a caveman: lots of meat, no wheat or grains</p>
<p>EAT-ANY FOOD DIET</p>	<p>Oatmeal and blueberries</p>	<p>Whole grain pasta, tuna, egg</p>	<p>Chicken breast, potatoes, broccoli</p>	<p>Carrots, plain yogurt, cucumber</p>	<p>Weight Watchers Points-based program and well-established community and support</p> <p>Blood Type Diet Eat for your blood type to boost metabolism</p>

2013 TOP DIET

What's in it? – Gluten-free (i.e. not eating wheat, rye or barley) is essential for people with gluten allergies or celiac disease, a condition which can cause intestinal damage when gluten protein is eaten.

Pluses – Eating gluten-free can help reverse damage to intestinal tract for gluten intolerants; leads to a healthier diet filled with less processed foods.

Minuses – Diet can eliminate key nutrients, like B vitamins and fibre; gluten-free foods can be high in calories.

THE WORLD'S MOST SEARCHED-FOOD DIETS



SOURCES: SWOOLME, JOY DUBOST, ACADEMY OF NUTRITION AND DIETETICS; GOOGLE TRENDS; GOOGLE; ZEITGEIST; CALORIE CONTROL COUNCIL; NATIONAL CONSUMER SURVEY

TEXT: ANTHONY JOHNSTON, GRAPHIC: MIA KORAB, MWM

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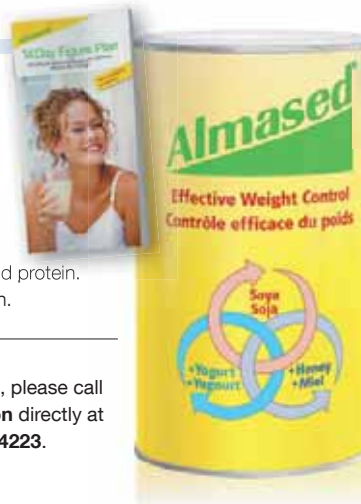
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carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

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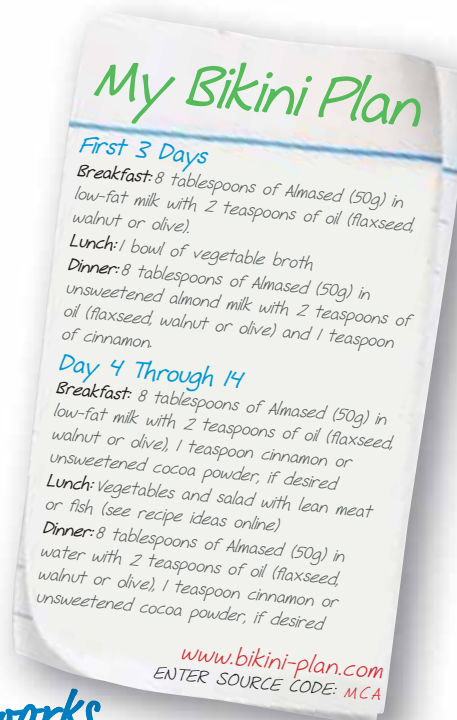
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The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast

the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Health Solutions

Peas save Easter leftovers



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutri-

tionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

Theresa Albert is a food communications specialist and private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



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Real housewife of New Jersey tells it like it is in new book

Straight shooter. Caroline Manzo talks about her book, family life and reality TV

For all the table-flipping, name-calling and screaming on Bravo's *The Real Housewives of New Jersey*, there is a voice of reason among the cast. That belongs to Caroline Manzo, a straight shooter, happily married mother of three grown children.

Manzo can get worked up on the show, and she certainly holds her own in a battle, but for the most part, she seems irritated, if not bored, by the drama among her cast mates. One thing is evident — when Manzo speaks, everyone listens.

The 51-year-old reality star has expanded on her no-nonsense approach to life with a new book, *Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman*. It Books.

er, and *Street-Smart Businesswoman*, written with Kevin Dickson and published by It Books.

Why did you decide to write a book?

I got the idea from the viewers. They ask me the same questions over and over again, and it's, "How do you manage to have three great children? How do you manage to have a close family, long marriage, happy marriage, backbone? How is it being in the public eye?" ... All I can say is what I've done in my life and that for me was the best way to answer the questions, through little anecdotes about my life.

You can tell on the show that you're very close with your family. Did you notice right away that people were very interested in knowing how you achieved that?

To this very moment I'm puzzled by the reaction to me and my family because I'm finding more and more that

people find it unusual and it should be normal and that's what puzzles me. Why am I unusual? Why is my bond with my children abnormal? And that's what I find interesting.

This book isn't a tell-all.

Did some people think you should make it one?

There are some people along the way that said, "It would sell more copies." Well, that to me is not success. I want the book to sell because people want to hear what I had to say about things and are truly interested in learning about me and my family and the process of being on *Housewives*, which I talk about. I don't bash anyone. I tell little behind-the-scenes anecdotes about *Housewives*. To say that something is a success because you were negative about somebody is not the way I operate.

Do you feel you've learned anything about yourself watching yourself on TV?

The greatest gift in the world

is to see yourself on reality TV. Everybody says, "Oh, gee, I hate my voice! Oh my God, I'm so fat!" You know, beyond that, you learn tolerance and acceptance and things like that and you learn to look at yourself and say, "Gee, I could fix that about myself because it's just not cool." So sure, I've had a lot of lessons throughout the five years of being on television and in the public eye. And I'm grateful for it. You know, there were moments that I wanted to crawl under the covers and just die, but you know, so what? OK, I'm still here, it's OK.

Viewers who watch *The Real Housewives* think they know you because it's a reality show. Do they really?

I would say the viewers have a pretty good handle of who we are as people. However, you don't know all sides of us. We are each multifaceted individuals, so you see one angle of us, you don't see everything.

THE ASSOCIATED PRESS



Caroline Manzo, one of the stars on *The Real Housewives of New Jersey*, has a new book titled *Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman*. GETTY IMAGES

Dead or alive, for some celebrities fame just sticks



What will be Lady Gaga's celebrity staying power? GETTY IMAGES

Reality TV stars may come and go, but a new study suggests true fame is enduring.

The research finds that people who achieve real celebrity remain famous for years, making frequent appearances in newspapers over periods of decades. The work bucks the widely held notion that fame is ephemeral, a belief held both by average individuals and by those who study the sociology of fame.

Eran Shor is an assistant professor of sociology at McGill University and is one of the authors of the study, which is published in the *American Sociological Review*.

He and his co-authors used large collections of newspaper archives that spanned decades to study the issue, looking at people in sports and politics and the field where fame is thought to be most fleeting — entertainment.

They found that even a dead celebrity like the eccentric billionaire Howard Hughes continues to feature in news articles long after his death.

"The large, large, large majority of people who get famous stay famous. For a long time. How long, it de-

pends on how famous they got," Shor says.

Shor undertook the work with two colleagues from Stony Brook University, along with a software engineer from Google.

This portion of their ongoing work looks at figures in entertainment.

From a list of tens of millions of names that appeared in the entertainment sections of more than 2,000 newspapers between 2004 and 2009, a random sample of 100,000 names was drawn.

The names were then analyzed to see which appeared most often, with the top 10 from the sample selected for study. And then those names were tracked to see if people who were frequently written

about for one year had sustained fame.

The top 10 were actors Jamie Foxx, Bill Murray, Natalie Portman, Tommy Lee Jones, Naomi Watts, John Malkovich, Adrien Brody and Steve Buscemi. Rounding out the group were music producer (and convicted murderer) Phil Spector and the late inventor and billionaire Howard Hughes.

"Here's a group of people that are fairly famous, but perhaps not the most famous of them all — and all of them stick. All of them stay around from year to year. We know who they are, the papers keep writing about them, they stay in some kind of a celebrity (mode). They didn't go away."

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One small business, and one giant step for youth employment



YOUR MONEY
Alison Griffiths
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed \$175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, un-

employed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf



Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant

one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Debt payments. Four credit score myths busted



Separate the credit score myths from the facts. NEWS CANADA

Your credit score is a three-digit number ranging from 300 to 900 that tells future lenders how risky it is to lend you money based on your history of making debt payments.

There are many misconceptions about what it takes to keep your score high. We asked Henrietta Ross, the CEO of the Canadian Association of Credit (CACCS) to help us sort fact from fiction:

Myth 1

You must use major credit cards to build a good score.

Truth

If you're unable to obtain a major credit card, there are other ways to build your credit history. Making regular payments on instalment loans such as a car lease can positively affect your score, as do department-store cards and secure credit cards, which require a cash deposit in the amount of the credit limit.

Myth 2

You can't make up for mistakes such as late payments.

Truth

It takes time, but your credit will become positive as you

build consistency with timely payments, Ross says. How much time it will take depends on a number of factors, including how long the late payment has been on your record and how long you've had the debt.

Myth 3

Paying cash boosts your score.

Truth

You need to use credit in order to demonstrate your ability to make payments. Using credit at least once every 30 days and making payments on time will keep you in good standing, says Ross.

Myth 4

I will not qualify for a mortgage if I've had a poor credit score.

Truth

Lenders look at your entire financial picture, including your assets, available cash flow and debt-to-income ratio. They'll also review your housing expense-to-income ratio, which is a comparison of your expected monthly mortgage payment with your gross monthly income. For more information on buying a home please visit, genworth.ca NEWS CANADA



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You can go your own way, you do it with some help from eBay

Budding bid-ness.
A self-employment strategy that's as easy as a click and a sale

BRUCE WALSH

Metro World News

In 2008 Dave Stewart was laid off from his maintenance tech position at a Pennsylvania nursing home. The news came as a shock and, as a result, he decided to take his career in a radically different direction.

Stewart is now one of a select few Americans that make their living through eBay. (The company claims 1.3 million sellers worldwide, but experts believe the number of individual, primary-income eBayers to be much smaller.)

"I no longer wanted to



A retail empire you can run from the comfort of your coffee table? Yes please! iStock

be dependent on someone else providing me with paycheques, because I saw that you couldn't rely on it as

much as I did," says Stewart, from his home in Bucks County, Pa. "I wanted to be self-employed, but wasn't

quite sure how to get there."

Inspiration struck, along with a bit of luck. He discovered a stockpile of obsolete car parts in his grandfather's cavernous garage. While his family was skeptical, Stewart was convinced there was a market for outdated parts.

"It started out as an experiment — just a few parts on the (eBay) page. They really sold fast, and I had an inkling I was on to something," says Stewart. "Pretty soon, I had an eBay store, and I couldn't keep up with the orders."

Stewart's success wasn't based on luck alone. He operates his business with the systematic, detailed approach you'd expect in a much larger operation. Every one of the 1,600 items in his eBay store is researched thoroughly and displayed with precise photos and descriptions.

These days, car parts represent less than half of the items in his store.

"To be successful on eBay, you have to be a salesman. It's like other sales jobs, if you're good at it, you can

make a living — but only if you're good," says Stewart. "It's all about keeping people's interest with new merchandise. You can't just let it sit there and expect to make something."

Q&A

Temple University management professor Paul Pavlou has been studying eBay for 15 years, since the company's early days. He gave his expert advice:

How has the eBay game changed in the past five years?

A lot has changed — some that's good for the individual, and some that isn't. eBay has attempted to attract much larger sellers, and they have

adjusted their model somewhat because of that. However, it's a larger platform now, and the access to the market, logistics and infrastructure is still quite remarkable for the individual.

What sells best on eBay right now?

We've seen a trend toward used cars and products for used cars. eBay Motors is now one of the most popular platforms.

BE PROACTIVE WHEN TRYING TO LIMIT PESTS

Whether packing up the bags for a family vacation or loading up the cooler for a backyard barbecue, summer is the season to experience all that the great outdoors has to offer, which includes summertime pests. Fleas, ticks and mosquitoes thrive during the dog days of summer, and can pose threats to humans as well as our four-legged family members.

To reduce the risks from these summer-

time pests, Orkin Canada experts offer the following tips:

- Regularly bathe pets during the summer, especially following extended periods outdoors or following playtime with other animals.
- Check your pets for signs of pests and keep an eye out for excessive scratching, licking and grooming behaviours.
- Never let your pet sleep in your bed, and

regularly wash your pet's bed and toys.

- To help control tick populations, keep vegetation in the yard trimmed, especially along the edges of your property.

Consult your vet and pest management professional for additional advice on how to identify, prevent and treat these summertime pests.

— News Canada

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Jiri Hudler is stopped by Oilers goalie Devan Dubnyk during first-period NHL action in Edmonton on Monday. The Flames lost 4-1. JASON FRANSON/THE CANADIAN PRESS

Flames get lit up versus Edmonton

NHL. Calgary drops 2nd in a row amid roster overhaul, but will have a shot at revenge Wednesday at home

Justin Schultz had a goal and two assists as the Edmonton Oilers continued their march toward a playoff spot by winning their fourth in a row, 4-1 over the Calgary Flames on Monday.

Taylor Hall, Ryan Jones and Nail Yakupov also scored

On Monday

4

Oilers

1

Flames

for the Oilers (15-13-7), who have gone 7-2-2 in their past 11 games.

With the win, the Oilers kept pace in the tight Western Conference playoff race, sitting in a tie with Columbus, one point back of the

eighth-place St. Louis Blues.

Brian McGratton replied for the Flames (13-17-4), who were likely rattled as defenceman Jay Bouwmeester was traded to St. Louis shortly before the contest in what looks like a fire sale in Calgary.

The Flames have lost two in a row and six of their past eight games.

Edmonton struck first just before the four-minute mark to start the opening period as Hall spotted Schultz creeping in from the point and fed him the puck in the slot where the rookie was able to beat Calgary goalie Miikka Kiprusoff

for his sixth of the season.

The pair reversed spots on the scoresheet midway through the first as Schultz picked off a pass in the Calgary zone and sent it to Hall in front. Hall was able to freeze Kiprusoff with a deft move and then lift in a backhand for his fourth goal in the last two games.

Edmonton scored on both of its first two shots in the game, similar to what happened in their 4-0 blanking of Vancouver on Saturday.

The two teams will play a rematch in Calgary on Wednesday. **THE CANADIAN PRESS**

Flames rebuild

J-Bou latest to leave Calgary

The Calgary Flames continued to usher big names out the door with the trade of defenceman Jay Bouwmeester to the St. Louis Blues on Monday.

The move comes ahead of the NHL's trade deadline at 1 p.m. on Wednesday, and on the heels of Calgary dealing captain Jarome Iginla to Pittsburgh last week.

The Flames get a conditional first-round draft pick, 22-year-old defenceman Mark Cundari and 26-year-old Swiss goaltender Reto Berra for Bouwmeester.

If the Blues don't make the post-season, Calgary gets a fourth-round pick in this year's draft and the first-round selection will be deferred to 2014.

"He's certainly a big body and he's a tremendous skater," Blues general manager Doug Armstrong said. "He's a workhorse back there and he logs 25 minutes a night on a regular basis. He gives us, really, what we believe is one of the stronger defences in the NHL right now."

Bouwmeester was in the fourth year of a five-year, \$33.4-million US contract he signed with the Flames in 2009. **THE CANADIAN PRESS**



Jay Bouwmeester GETTY IMAGES

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Jacked-up Blue Jays ready for game day

MLB. Toronto manager says Canada's new and improved squad is 'excited to get this going'

Colby Rasmus' T-shirt showed a Blue Jay between a set of weights, with the words "Nothing is given, everything is earned" on the back.

It's a motto worth remembering this season, even in the luxurious man cave that serves as the Jays clubhouse in the bowels of Rogers Centre.

Stocked with talent from Alabama to British Columbia and the Dominican Republic to Venezuela, this Toronto team is already seen as one of the best that money can buy.

The first question manager John Gibbons got Monday was a somewhat glib query from a local TV anchor asking if the news-conference format would be the same in the post-season.

Gibbons laughed, a little awkwardly, before answering, "Let's hope so."

Expectations are sky-high ahead of Tuesday's sold-out opener against the visiting Cleveland Indians.

"Really, you can't go anywhere without hearing something about the Blue Jays," acknowledged Gibbons, who starts his second stint at the club's helm. "That's why we're excited to get this going. Opening days are always exciting, but it can be a hassle, too, because you're drawn every which way."

"So we'd like to get that



Jose Bautista, right, stands with Edwin Encarnacion, centre, and Emilio Bonifacio as the Blue Jays practise in Toronto on Monday in preparation for their opening day of the new season. CHRIS YOUNG/THE CANADIAN PRESS

behind us, hopefully get a win out of the way and then move on from there and then play some regular baseball. But we're excited. We're ready, we've got a good team, we'll see what happens."

The high hopes come with a high cost.

Toronto's payroll is north of \$125 million US, which ranks only eighth in the crazy-money world of major-league baseball. The Los Angeles Dodgers and the New York Yankees are both over \$220 million.

The injury-plagued club

that went 73-89 to finish fourth last season in the AL East has been bolstered by the additions of pitchers R.A. Dickey, Josh Johnson and Mark Buehrle.

The infield has been reinforced by all-star shortstop Jose Reyes, Emilio Bonifacio and Maicer Izturis, while Melky Cabrera takes over left field.

Like a Formula One race car in the starting grid, the Jays are polished and purring, waiting for the green light.

THE CANADIAN PRESS

MLB

Harper, Strasburg get Nationals off to winning start

All it took was two at-bats on his first opening day in the majors for Bryce Harper to hit two homers — and hear some "M-V-P!" chants.

The Washington Nationals' other recent No. 1 overall draft pick, Stephen Strasburg, did his part, too, getting 19 consecutive outs at one stretch of his seven scoreless innings.

Yes, for the NL East champion Nationals — and their fans who lived through some tough times not that long ago — the present and future could hardly have



Nationals left-fielder Bryce Harper rounds the bases on his fourth-inning home run on Monday in Washington. ROB CARR/GETTY IMAGES

looked brighter in a 2-0 victory over the Miami Marlins on Monday.

"You couldn't draw it up any better," Nationals first baseman Adam LaRoche said. "And to have the two youngsters go out, do what they did? ... Let Harper and Stras go to work. They didn't need us." THE ASSOCIATED PRESS

MLB. Farrell gets win No. 1 in Red Sox-Yankees rivalry

Jackie Bradley Jr. and the Red Sox were daring on the base-paths. Jon Lester and the Boston bullpen were aggressive against a barely recognizable New York Yankees lineup.

The Red Sox looked as if they were in a hurry to put a dreadful 2012 season behind them. They're off to an impressive start, giving new manager John Farrell an 8-2 win on opening day Monday.

"I think how you saw it

(Monday) is how we can win a lot of ball games," new designated hitter Jonny Gomes said. "It was kind of all there early."

Shane Victorino led a revamped Red Sox lineup with three RBIs and Bradley walked three times and scored twice in his big league debut. Boston's big day against CC Sabathia (0-1) came a year after it lost its first three games under Bobby Valentine and went on to a 69-93 finish. THE ASSOCIATED PRESS



Boston's Jackie Bradley Jr. takes a swing against the Yankees on Monday at Yankee Stadium. ELSA/GETTY IMAGES

Good to go

- Slugger and team leader Jose Bautista has recovered from the wrist surgery that cut his 2012 season short.
- GM Alex Anthopoulos has brought in veterans Mark DeRosa and Henry Blanco to mentor the likes of Brett Lawrie (who starts the season on the DL) and catcher J.P. Arencibia.

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Should they stay or should they go?

After the Flames' big pair of trades, three other NHL stars could be on the move ahead of Wednesday's trade deadline

THE CANADIAN PRESS

Photos by Getty Images



Roberto Luongo

It's a surprise to many that Luongo is still with the Canucks as a well-paid backup goaltender.

While the rumours continue to swirl, the asking price just seems too high. Few teams are in need of a veteran with \$47 million US left on a contract that doesn't end until 2022.

Jaromir Jagr

The Stars picked up the 41-year-old forward in the off-season and signed him to a one-year deal worth \$4.55 million.

He has been a top scorer on the team but it seems unlikely he'll stick around too long, no matter what Dallas does this season.



Mike Ribeiro

Ribeiro, who will be an unrestricted free agent this summer, was picked up by the Capitals to add punch to their second line and he has delivered by becoming one of the team's top scorers.

The two sides are reportedly trying to hammer out an agreement before the deadline.



Calderon triumphs in T.O.

Jose Calderon salutes the crowd after the Detroit Pistons' game against the Raptors on Monday night in Toronto. Calderon had 19 points and nine assists as the Pistons won 99-92 in the Spanish point guard's first trip back to Toronto since a January trade. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Kazakhstan

Pro hockey player dies after taking head shot in game

A player in the Kazakhstani hockey league has died, several days after receiving a violent hit to the head during a playoff game.

Dmitri Uchaykin, a Russian forward for the Ertis Pavlodar club, was 32. His club announced the death on its website, but did not give further details.

Uchaykin took a hard hit from Arystan forward Donatas Kumeliskas during their game, but Russia's Sovetsky Sport said the player left the ice on his own and drove home after the game.

It said he lost consciousness the next day and was rushed to hospital, where he died of a stroke early on Sunday.

Uchaykin spent most of his career with Russian club Amur.

THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	15	.795	—
x-New York	46	26	.639	11½
x-Indiana	47	27	.635	11½
x-Brooklyn	42	31	.575	16
x-Atlanta	42	33	.560	17
x-Chicago	40	32	.556	17½
Boston	38	36	.514	20½
Milwaukee	36	37	.493	22
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	47	.365	31½
Detroit	25	50	.333	34
Cleveland	22	51	.301	36
Orlando	19	56	.253	40
Charlotte	17	57	.230	41½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	19	.743	—
x-Oklahoma City	54	20	.730	1
x-Denver	50	24	.676	5
x-L.A. Clippers	49	25	.662	6
x-Memphis	50	24	.676	5
Golden State	42	32	.568	13
Houston	41	33	.554	14
Utah	39	36	.520	16½
L.A. Lakers	38	36	.514	17
Dallas	36	37	.493	18½
Portland	33	41	.446	22
Minnesota	27	46	.370	27½
Sacramento	27	47	.365	28
New Orleans	26	48	.351	29
Phoenix	23	51	.311	32

x — clinched playoff berth; z — clinched conference.

Monday's results

Detroit 108 Toronto 98
Atlanta 102 Cleveland 94
Houston 111 Orlando 103
Memphis 92 San Antonio 90
Minnesota 110 Boston 100
Milwaukee 131 Charlotte 102
Utah 112 Portland 102
Indiana at L.A. Clippers

Sunday's results

New Orleans 112 Cleveland 92
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New York 108 Boston 89

Tuesday's games — All times Eastern
Chicago at Washington, 7 p.m.
New York at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	36	15	12	9	89	100	39
NY Rangers	35	17	15	3	82	86	37
NY Islanders	36	17	16	3	103	113	37
Philadelphia	35	15	17	3	95	108	33

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	35	23	7	5	111	84	51
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	37	18	17	2	91	110	38
Carolina	34	16	16	2	93	101	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

NY Rangers 4 Winnipeg 2
Edmonton 4 Calgary 1
NY Islanders 3 New Jersey 1
Anaheim 4 Dallas 0
St. Louis 4 Minnesota 1
Chicago 3 Nashville 2 (SO)
Montreal 4 Carolina 1
Detroit 3 Colorado 2
Vancouver at San Jose
Sunday's results
Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)
Boston 2 Buffalo 0

Tuesday's games

All times Eastern
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Boston, 7 p.m.
Washington at Carolina, 7 p.m.
Buffalo at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Colorado at Nashville, 8 p.m.
Los Angeles at Phoenix, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	35	27	5	3	119	76	57
Detroit	36	18	13	5	94	94	41
St. Louis	34	18	14	2	98	94	38
Columbus	36	15	14	7	87	97	37
Nashville	36	14	14	8	89	99	36

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	35	21	12	2	98	90	44
Vancouver	35	19	10	6	92	90	44
Edmonton	35	15	13	7	91	96	37
Calgary	34	13	17	4	94	118	30
Colorado	35	12	19	4	86	111	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	36	24	7	5	111	90	53
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	35	16	16	3	94	107	35
Phoenix	35	14	15	6	94	101	34

MLB

AMERICAN LEAGUE

Monday's results

Chicago White Sox 1 Kansas City 0
Boston 8 N.Y. Yankees 2
Detroit 4 Minnesota 2
Seattle at Oakland

Sunday's result

Houston 8 Texas 2

Tuesday game

Cleveland (Masterson 0-0) at Toronto (Dickey 0-0), 7:07 p.m., EDT

NATIONAL LEAGUE

Monday's results

Washington 2 Miami 0
L.A. Angels 3 Cincinnati 1 (13 inn.)
Atlanta 7 Philadelphia 5
Chicago Cubs 3 Pittsburgh 1
Milwaukee 5 Colorado 4 (10)
N.Y. Mets 11 San Diego 2
L.A. Dodgers 4 San Francisco 0
St. Louis at Arizona



Horoscopes

Aries

March 21 - April 20

What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

Taurus

April 21 - May 21

The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

Gemini

May 22 - June 21

The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

Cancer

June 22 - July 23

So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

Leo

July 24 - Aug. 23

Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

Virgo

Aug. 24 - Sept. 23

This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

Libra

Sept. 24 - Oct. 23

Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

Scorpio

Oct. 24 - Nov. 22

You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

Sagittarius

Nov. 23 - Dec. 21

Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

Capricorn

Dec. 22 - Jan. 20

This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

Aquarius

Jan. 21 - Feb. 19

You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

Pisces

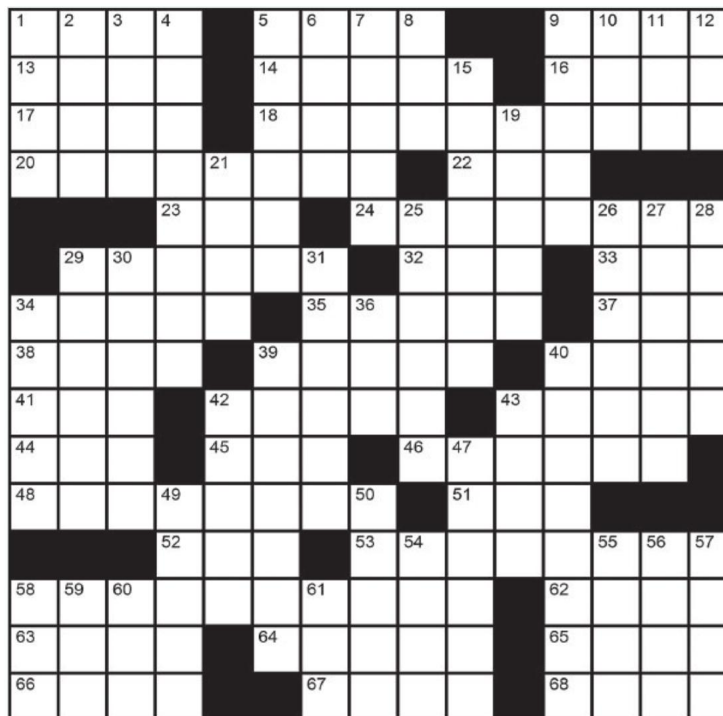
Feb. 20 - March 20

You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley __, role in "A Streetcar Named Desire" (1951)
22. "___ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The ___" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is ___" that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, _____
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces



51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin __
62. After shave brand
63. Plinth

64. "___ Was a Lady"
65. Cheerful music
66. "___ better believe it!"
67. "Back in the ___" by The Beatles
68. Prefix meaning 'Outer'
- Down**
1. Escape
2. __ Alto, California

3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, __ Time
7. Imitate
8. Street for Freddy
9. Host an event

10. Prefix to 'gram' (Drawing)
11. __/__. (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline __
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. __ Bay, Nunavut
28. Give way
29. Bricks and __
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, __
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The __
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's __ Islands

Yesterday's Crossword

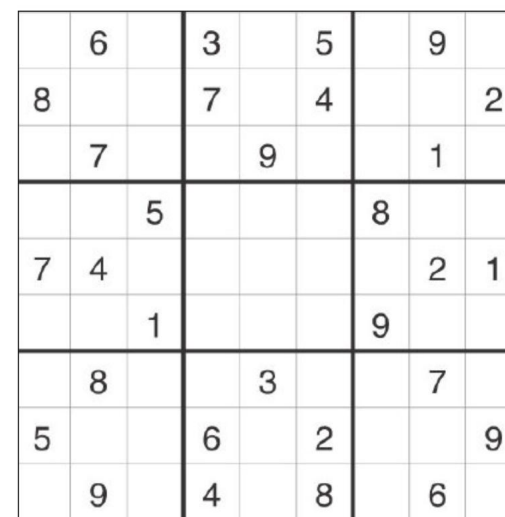


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 18°
MIN: 3°

WEDNESDAY



MAX: 1°
MIN: -2°

THURSDAY



MAX: 5°
MIN: 1°



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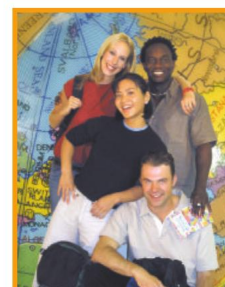
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